

### What is it?

- ### How Do You Break It Down And Absorb It?

- Where can you get it from?

- where can you get it from:
- Meat
  - Milk
  - Nuts
  - Fish
  - Cheese
  - Seeds
  - Poultry
  - Eggs Peas, Beans
- raisins  
beans  
seeds  
avocado  
nuts  
spinach  
Brussels sprouts  
quinoa  
wild rice  
tofu  
tempeh  
wheat germ  
soy beans

## Dangers of Too Much Protein

- example:

\*note\* Vitamin chart p143 in the text  
functions And food source for each

Canada's Food Guide  
Pre 2007

## RDA

## Grain Products

5-12

Vegetables and Fruit  
5-10

β-10  
Milk Products

Milk Products  
Children 4-9 2-3

Youth 10-16 3-4

Adults 2-4

Pregnant 3-4

Meat and Alternatives 2-3

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